

Heart Failure Patient & Caregiver Day

Providing Knowledge, Igniting Hope



Wednesday, February 12, 2025



Eastern Time: 2:30pm - 5:00pm

Central Time: 1:30pm - 4:00pm

Mountain Time: 12:30 pm - 3:00 pm

Pacific Time: 11:30am - 2:00pm



Registration is **FREE!**



<https://heartfailurepf.org/pcday2025>

Topics Covered:

It is Not Just Heart Failure: Living with Multiple Chronic Conditions

Heart failure doesn't exist in isolation. It often comes with other chronic conditions that can impact your overall health. Managing multiple health issues can be overwhelming both physically and emotionally. Learn how to navigate this journey from one of our experts and hear from patients and caregivers fighting the same battle.

Medications

Gain a clearer understanding of heart failure medications, receive practical advice for managing your treatment, and have the chance to ask questions that will help you feel more confident in managing heart failure. Don't let the complexity of medications overwhelm you—tune in and learn from the best!

Spreading the Care in the Heart Failure Community

Heart failure survivors across the country are making tremendous strides in raising awareness, offering support, and driving positive change within their communities. Their efforts range from advocating for better healthcare, conducting research, fundraising for heart failure-related causes, to providing peer support for others facing similar challenges. Come listen and be inspired.

Heart-Healthy Exercise

Exercise, mindfulness, and yoga are powerful tools for managing heart failure, helping patients not only to improve their physical health but also to manage the emotional and psychological stress that comes with living with a chronic condition. These practices can help reduce symptoms, improve heart function, and enhance overall quality of life. To guide you through this process, join our expert physical therapist, Amy Wells, as she shares insights into how these approaches can support heart failure management.



Connect and Engage:

- Network with fellow patients and caregivers
- Q&A session with healthcare professional/expert
- Access valuable educational materials

Virtual Access:

- Join from anywhere with an internet connection
- Can't make it live? This will be available on demand for registered participants



Questions? Contact: Information@aaahn.org



THE HEART FAILURE PATIENT
FOUNDATION